

# **DELTA-WAVERLY ACTIVITIES**

## **AQUATIC PROGRAMS**

Delta/Waverly Winter 2005 Swim Lessons are offered to children ages 6 months and up. Course content for beginning swimmers aged 6 months to 5 years includes water adjustment/exploration and fundamental motor skill activities. Children ages 5 years and over learn breathing techniques, fundamental swim strokes, kicks, jumps, submerging and water safety information. Advanced swimmers ages 5 years and up refine familiar strokes while learning breast-stroke and side-stroke as well as the butterfly and back-stroke, and diving.

Please communicate with your child's instructor about any special goals or concerns you have, but please also respect pool rules and regulations. Your child will learn at his or her own pace, and some children will need more practice in a level than others. You can help your child by spending "fun time" in the water outside of class, practicing what you both enjoy!

The Delta/Waverly Youth Instructional Swim Program offers swimmers a lower student-to-teacher ratio than most other local swim programs, and all swim lessons are held at the warm and friendly Waverly East Intermediate School Pool, 3131 West Michigan Avenue, Lansing, MI 48917. Telephone: 484-5600. Please park in the east parking lot. And remember, an adult ages 18 or over, must remain in attendance during swim lessons and family swim times.

### **Adult Water Exercise, Lap and Family Swim Information**

Please refer to the current adult swim schedule available from the Delta Charter Township office (call 323-8555) or the Delta/Waverly Activities office (484-5600) for Monday through Friday daytime and evening swim and water exercise hours. Schedules and class times are also available on Township Web site at [www.deltami.gov](http://www.deltami.gov)

### **Costs**

**Family Swim:**     **\$3 per person (pay at pool, with correct change).** An adult, 18 years of age or over, must remain in attendance, with no more than 5 youth swimmers under their supervision.

**Lap Swim:**        **Purchase a Lap Swim Punch Card, \$20 for 10 visits. Drop-in fee is \$3** (please bring correct change).

**Water Exercise:**   **Purchase a Water Exercise Punch Card.** You do not need to be a swimmer to participate. Your first visit to any water exercise class is complimentary! Call for a current schedule.

Age 54 and under = \$35      Age 55 and over = \$30.00  
Drop-in fee is \$6 (please bring correct change)

Punch cards can be purchased at the Delta/Waverly Activities office, 3131 W. Michigan Avenue, Lansing, MI 48917. Please make checks payable to DELTA TOWNSHIP.

## Registration and Payment

Registration begins **January 12, 2005** by calling 484-5600. Payment must accompany your registration. If the pool is closed, make-up sessions will be scheduled.

## Location

All swim lessons are held at the warm and friendly Waverly East Intermediate School pool, 3131 W. Michigan Avenue, Lansing.

## Parent/Child (6 Months – 3 Years)

Course content includes water adjustment, safe pool entry, breath control, submerging face, motor skills, songs and activities, safety information, and safe exiting of the pool. Limit 10. **\$40 for 8 sessions.**

## Starfish (3 Years)

Course content includes water adjustment, safe pool entry, breath control, submerging face, motor skills, songs and activities, safety information, and safe exiting from the pool. Limit 4. **\$40 for 8 sessions.**

## Guppy (4 Years)

Course content includes water adjustment, safe pool entry, breath control, submerging face, motor skills, songs and activities, safety information, and safe exiting of the pool. Limit 4. **\$40 for 8 sessions.**

## Level 1 (5 Years)

Course content includes independent entry and exit of pool, learning basic water and safety rules, face submersion, bobs, supported front and back flutter kicks, introduce alternate arm action, and jumping into the pool. Limit 8. **\$40 for 8 sessions.**

## Level 2 (5 Years and Over)

Course content builds on Level 1 skills and introduces underwater holding of breath and retrieval of objects from bottom, as well as fundamental strokes like front and back crawl, and jumping from side of pool into deeper water. Limit 8. **\$40 for 8 sessions.**

## Level 3 (5 Years and Over)

Expands on Level 2 skills and increases competency with swimming skills, rhythmic breathing, and breathing while kicking with kick boards; introduces sculling, treading water, and superman gliding. Limit 8. **\$50 for 8 sessions.**

## Level 4/5/6 (5 Years and Over)

Continues refinement of front crawl, back crawl, breast and side stroking as well as elementary backstroke; introduces butterfly stroke and stride jump entries; surface and long shallow dives are also part of this course (when registering, please indicate whether student is to be placed in Level 4, Level 5 or Level 6). Limit 8. **\$50 for 8 sessions.**

**PLEASE NOTE:** In the event of severe weather or a thunderstorm/tornado warning, it is Delta/Waverly policy to temporarily close the pool. Please call our cancellation line (484-9322) for updates, or listen to local TV and radio broadcasts for information about Waverly School closings. In the event that Waverly Schools are closed due to winter weather, the pool will be closed and you will be informed at the next scheduled classes about a refund or make-ups. Refunds and make-ups are only issued for classes canceled by Delta/Waverly Activities.

## Thursday Evening Classes 1/20-3/10

Code	Name	Dates	Days	Times
Y401	Parent/Child	1/20-3/10	Th	5:30-6 pm
Y403	Starfish	1/20-3/10	Th	5:30-6 pm
Y407	Guppy	1/20-3/10	Th	4-4:30 pm
Y409	Level 1	1/20-3/10	Th	5-5:30 pm
Y410	Level 2	1/20-3/10	Th	4:30-5 pm
Y413	Level 3	1/20-3/10	Th	4-4:45 pm
Y414	Level 4/5/6	1/20-3/10	Th	5-5:45

## Tuesday Evening Classes 1/25-3/15

Code	Name	Dates	Days	Times
Y402	Parent/Child	1/25-3/15	Tu	6-6:30 pm
Y404	Starfish	1/25-3/15	Tu	4-4:30 pm
Y405	Guppy	1/25-3/15	Tu	5-5:30 pm
Y406	Guppy	1/25-3/15	Tu	4-4:30 pm
Y408	Level 1	1/25-3/15	Tu	4:30-5 pm
Y411	Level 2	1/25-3/15	Tu	4-4:30 pm
Y412	Level 3	1/25-3/15	Tu	5-5:45 pm

## Additional Classes

### Adult Learn to Swim (18+)

Course designed for adults. Includes supported front and back flutter kicks, alternate arm action, and fundamental strokes such as front and back crawl. Limit 6. **\$60 for 8 sessions.**

**1/25-3/15 Tuesday 5:30-6:00 pm A402**

### Lifeguard Training (15+)

Course will teach participants the skills necessary to become a lifeguard. Upon successful completion of a written and water exam, participants will be certified through the American Red Cross in Lifeguarding, Community First Aid, and CPR. Books are included.

### Prerequisites:

Age 15 by the start of the class; Pass pre-course testing including a 500-yard continuous swim, and retrieve a 10lb object from a depth of 7 feet. Limit 20  
**\$150 for 3 classes (1/8, 1/22, 2/5) 9 am-5 pm A401**